



You Are the Architect

Healthy Lifestyle

You are the architect of your life. Yes, You!!

Healthy lifestyle starts with you.

In this day and time, it is hard to conceive the outcome of our lives. Things were looking grim for a while, YIKES! I took to looking at myself, how will I survive, let alone thrive. Before tending to my clients, I started with myself! It was simple. The gyms were closed and I was stuck home with nowhere to go. I missed the restaurants and people!! I started by ordering beautiful dinnerware, like the exquisite places I frequent. I was conscious of what I ate daily, in fear of not fitting my fabulous clothes and not being able to shop how I wanted to. Not only that, but I am also getting older. Health played a major factor of my consciousness. Especially with Covid.

Stuck in the house, what do you do? Make it the place you want to be. You design your life exactly how you see fit. I make my bed every morning. I get fully dressed every day for the mood that I am in and the planned day ahead. Yes, I am a planner. I cannot function without a list. AND it shows sometimes!!! I mask my face once a week. I start my day with roasted dandelion tea. It tastes like coffee and its alkaline. Always in a beautiful delicate authentic teacup from London. I worked out, meditate, or stretch every day. I only drink spring water with key lime added. The key to a healthy lifestyle is consistency. You must cover all aspects of your lifestyle, MIND, BODY, and SOUL, just like your brand. I train on the ABC'S and now D of Image: Appearance, Behavior, Communication and Digital. I do everything with a DEFINITENESS OF PURPOSE. Meaning, I meant to do that. Without an attainable plan you will be running in circles and getting nothing none.

Eating Healthy

Eating healthy is not hard, unless you are from New Orleans, Louisiana and living in Lake Charles, Louisiana. I love to eat and cook my creole cuisines. I am not vegan, but I cook mostly vegan dishes. It's a healthier choice. Eat food, Eat Less, Mostly Plants. If you look at your plate and see no color, ADD SOME! Veggies are filled with nutrients and vitamins. I also discovered alkalizing the body to get rid of mucus. Mucus in the body is the major cause of most illnesses. Once I did the research on this, I started to consume foods that got rid of mucus. I have included my favorite recipe and a list of foods I swapped out. Please do your own research and consult your medical professionals before starting any health regimen. Smoothies are a great way to get these in your system. One thing I incorporated, and I really enjoy, is to plate my food like a fine dining restaurant. It does the soul good.





Spicy Tomato and Herb Pasta with Grilled Shrimp:

Ingredients:

- 8 ounces of your favorite pasta
- 2 large tomatoes, chopped
- 1/4 cup fresh parsley, finely chopped
- 3 cloves of garlic, minced
- 1/2 teaspoon red pepper flakes (adjust according to your spice preference)
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 pound large shrimp, peeled and deveined
- Optional: grated Parmesan cheese for serving

Instructions:

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. In a large mixing bowl, combine the chopped tomatoes, fresh parsley, minced garlic, red pepper flakes, salt, and pepper.
3. Heat one tablespoon of olive oil in a skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes on each side until they turn pink and are cooked through. Remove from heat.
4. Add the cooked pasta to the mixing bowl with the tomato mixture. Drizzle the remaining tablespoon of olive oil over the pasta and toss everything together until well coated.
5. Divide the pasta into serving bowls and top each portion with the grilled shrimp.
6. Optional: Sprinkle grated Parmesan cheese on top for added flavor.

Now you have a zesty and flavorful pasta dish with the addition of spicy tomato and herbs, complemented by the grilled shrimp. It's a perfect balance of freshness, heat, and savory flavors. Enjoy your gourmet meal!

What I swapped out

1. [Veggie Pasta](#)- White Pasta
2. [Plant-based butter](#)- Butter
3. [Hearts of Palm](#)- Lasagna Pasta
4. [Sparkling Water](#)- Sodas
5. [Spring Water](#)- Regular Water
6. [Dark Roasted Dandelion Tea](#)- Coffee
7. [Homemade Walnut Milk](#)- Cow's Milk
8. [Agave Nectar](#)- Sugar



Workout

I managed French Riviera many moons ago. The absolute number one thing I would tell my clients is to stretch!! I stretch at least once a day, no matter what, I stretch. Take about five minutes and stand up touch your toes and just hold it for thirty seconds then repeat. Believe me it works wonders. I use the Peloton App, no equipment necessary. This allowed me to work out in the convenience of my home at any time. If you are in business for yourself, like I am, you do not keep business hours. My favorite time of day to workout is in the middle of the night at about 1am. Everything is quiet and without distractions.



CC and Go! 5 mins Make Up

- [Cleanse](#)
- [CC cream](#)
- [Eyeliner](#)
- [Mascara](#)
- [Lip Gloss](#)

Done! This will save time and energy in a time crunch. There is no need for full makeup unless there is a major event.



Let's ACCELERATE!

We all know them, they tell you to take a break, relax and do it tomorrow. We are also aware of what that means. It will never get done! Tomorrow becomes the next day and the next day, until there are no days! How can you take a break and get the work done, that is needed to get you to the next level? Once you prioritize your day, your time, and your life, it is easy. Take care of you first. Nothing gets done if you are not at your best. Align yourself with peers that will hold you accountable. The chart below will give you a visual to hold yourself accountable. Try it out, it never fails if followed with a DEFINITENESS OF PURPOSE! LIST PLAN EXECUTE.BY WHEN? Time waits for no one; it is the one thing you cannot get back!

Your Daily Checklist

- Rise and Shine
- Make Your Bed, it sets the tone of the day!
- Meditate or Workout
- Get Dressed for the day
- Sit and enjoy your tea, coffee, or smoothie
- Handle the task at hand- easiest one first
- Break for lunch, make it fabulous!
- Work that list or finish for the day!
- Cook and eat at home, it saves money!! Make sure you plate your food.
- Grab a glass of wine, a hot soak and meditate on all that you've accomplished today.

This is how I did it. [Jump Start](#)

List Things You Aspire		Plan Easiest To Achieve		Execute In Timely Manner		By When Date Is The Done Date	





Do the things that make YOU feel good. When you look good, you feel good, and you do Greatness. For more information on how to join my 90day Accelerate Program, [Book A Chat](#). Thanks for allowing me in your space and time. We can do better together. [Remember, You Are Beautiful, Loved and Blessed.](#) Don't forget to Dance! [#LiveVivid](#) Julie Branden AICI CIC of [JPBranden Image Consulting.](#)

Resources and References

This ultimate stress releaser is my gift to you [Peloton 60 days Just Yoga](#)

The book that changed my life [In Defense of Food](#)

Mucus Fighters [10 Phlegm-Fighting Foods — Reduce Mucus in the Lungs Naturally - Big Blue Waves](#)

